



AIRMAN'S ROLL CALL



Managing Stress

Week of 02 May 2007 – 8 May 2007

Finding balance remains important for all Airmen

All Airmen experience some level of stress in their lives, whether from their daily duties on the job or from interpersonal relationships outside of work.

A survey taken by the Department of Defense in 2005 showed that the Air Force compares very favorably to the rest of DoD in terms of experiencing stress. In order to maintain that level, the Air Force must continue to focus its efforts on reducing stress on Airmen.

There are several programs already in place at Air Force installations that focus on helping Airmen identify, reduce, manage and treat stress. Beginning in June, bases will kick off a campaign to bring more awareness of these programs to all total force Airmen. Each month a different theme will highlight potential causes of stress and ways Airmen can cope with it.

The following points are important for Airmen to remember:

- Every Air Force installation has an Integrated Delivery System, or IDS, made up of cross-functional experts from the base's support organizations who are dedicated to helping Airmen and their families.
- All Airmen and family members should be familiar with the support organizations at their installations and seek assistance when needed.
- As Airmen, we must be able to identify and manage the stressors in our own lives.
- As Wingmen and supervisors, we must try to understand and empathize with the stressors in the lives of those with whom we live and work, so we can help them in their times of need.

Airmen are the Air Force's most valuable asset in winning the Global War on Terror and ensuring we remain the world's dominant air, space and cyberspace force. Stress management programs increase readiness by reducing and managing stress on Airmen and their families, allowing them to focus on performing their assigned missions.

To view the calendar of monthly themes, click here:

<http://www.af.mil/shared/media/document/AFD-070502-022.pdf>

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.